

## Small Group Instructions

**Bible Point:** Jesus' power helps us do hard things.

**Bible Verse:** "For I can do everything through Christ, who gives me strength."  
Philippians 4:13

**Bible Story:** Ananias helps Saul. (Acts 9:1-19)

**"In the Bible story today, we learned that Ananias had to do a hard thing. God asked him to go to Saul and pray for him. Saul was known for arresting followers of Jesus and throwing them in prison. Why do you think it was hard for Ananias to talk to Paul?"**

### Activity

Supplies: rope (or piece of bed sheet, old rag or anything you can knot)

**"When I have to do something hard it sometimes feels like I get knots in my stomach. I get frustrated or scared and sometimes I can't figure out what I am supposed to do next."**

**"I am going to pass around this rope (or piece of bed sheet or old rag-anything you can knot) and I want you to share a struggle that you have had or something hard that you've had to do. When you share that struggle, tie a knot."**

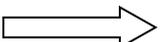
If it seems like they are having a hard time thinking of a struggle, you can help them out with this list of ideas:

- You get a bad grade on a test and you feel frustrated.
- Someone you really care about is really sick.
- You told a lie to your father and he finds out and disciplines you.
- A lot of people were invited to a birthday party and you were not.
- Your parents are fighting a lot and threatening to separate.
- Your best friend moved away to another state.

**"Sometimes we try to fix things on our own without even asking God to help us. When we do that, its like trying to untie a knot with only one hand."**

(Give them a chance to try to untie the knot with one hand behind their back).

**"It's really difficult isn't it? Jesus is always with us and He wants to bring peace into our hearts. That doesn't always mean our problems will go away or things get fixed immediately, but our hearts and our attitude can be changed about the situation. When we have to do a hard thing, we can trust Jesus and his power to be with us! He is strong enough for any hard thing in our lives."**

Continued on next page 

**“Hold onto a knot while I pray for areas that we are struggling with. God, thank you that you are always with us even in hard or difficult struggles. Thank you for giving us peace and for changing our hearts. Thank you for loving us. Amen.”**

### **Additional Activity**

#### **“Jump the River”**

Supplies: 2 ropes (sheets/jump ropes/chalk lines), 2 cups (or other markers)

Instructions:

- Make a ‘river’ by placing the two ropes (sheet/jump ropes, chalk lines) approx. 1-2 feet apart in parallel lines.
- Place the two cups (or other markers) on the outside of one of the ‘lines’ to mark the starting line (where the kids will line up to start their run).
- Each child will run, one at a time, “jump the river,” and then line up on the other side to wait for everyone else to finish their turn.
- Once every child has made an attempt, widen the “river” by a few inches and start over.

**“We are going to do an activity to see how it feels to face a challenge that starts off easy but gets harder.”**

**“If you land in the river, you’re out!”**

- Keep widening the river until only one child remains; whoever makes it completely across without landing in the river wins.

After playing discuss the following:

**“In life, are there times when life seems easy? Are there times when life feels really difficult?”**

**“When does your faith feel the strongest (when do you feel closest to Jesus)?”**

**“When does following Jesus feel difficult?”**

**“What are hard things that Jesus asks us to do?”**

(Forgiveness is a big challenge at times)

**“Do you find it hard to forgive some people?”**